



Roll up your lasagna

Mushroom and spinach miniature lasagna rolls PAGE 11

SIPPIN' PRETTY

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Tuesday, August 7, 2012



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Olympic soccer heartbreak for province's Parker, Kyle

Semifinal squeaker.

Canada's women's team edged out 4-3 by U.S.

It was heartbreak for Olympic soccer players from Saskatchewan Kaylyn Kyle and Kelly Parker, as the Canadian national team fell 4-3 in a semifinal bout with the United States in Manchester on Monday.

Seventh-ranked Canada held the No. 1-ranked team in the world at bay throughout the

duration of the contest, thanks to a hat trick from Burnaby, B.C., native Christine Sinclair.

Following a 3-3 tie to conclude regulation, it looked as if the game would progress to a shootout, but it was American forward Alex Morgan who headed in a goal past Canadian keeper Erin McLeod to clinch the gold-medal match berth, sending Canada to a bronze-medal final with France.

Canada faces France for bronze on Thursday.

DORIAN GEIGER/METRO IN SASKATOON

Twitter

Norwegian Olympic soccer official Christiana Pedersen became a trending topic on Twitter following the semifinal bout. Pedersen, who made a questionable call against Canada that led to a U.S. goal, angered soccer fans across the nation.

@dvyas4:

That referee effed up the entire game for #Canada's #women's #soccer team. Great game nonetheless for #Sinclair and the girls.

@osei_showabs:

The ref is on bath salts

@MariamJKBCA:

I'm still so proud of Canada. That ref needs a kick in the face. -.- I hope Japan takes gold and Canada can take a bronze! #Olympics

@ChrissGrennier:

If that ref was a potato, she'd be one of those diseased potatoes that almost wiped out the Irish #ref



United States' Megan Rapinoe prepares to kick the ball against Canada's Christine Sinclair during their semifinal soccer match at the 2012 London Summer Olympics in Manchester on Monday. Canada suffered a heartbreaking 4-3 loss in extra time. More Olympics coverage, see pages 13-14.

HUSSEIN MALLA/THE ASSOCIATED PRESS



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Riders add two new players to roster after one-week layoff

Alford and DeAngelis.

Team takes stock after two disappointing losses



JEFF
MACKEY

jeff.mackey@metronews.ca

The Roughriders had an eventful first day of practice on Monday, after their bye week.

The team announced the signing of two new players, non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

DeAngelis is expected to share responsibilities with current kicker Chris Milo, in keeping with head coach Corey Chamblin's philosophy of not overstretching players into taking on multiple roles.

"I agree with coach Chamblin's assessment that if you have one guy focus all his attention on one skill and the other guy focus on the other skill, you can be one heck of a team and you can really pick each other up," DeAngelis said after practice.

The six-foot-three, 304-pound Alford returns to the Riders after attending training camp in Regina. He spent three seasons in the NFL, including in 2008 when he won the Super Bowl with the New York Giants.

"(In a bye week), you always get a chance to evaluate the team and take a look at some things," Chamblin said.



Follow Jeff Mackey on
Twitter @MetroJeffMackey



Jordan Sisco works both his feet and hands at practice on Monday. The Riders returned to Taylor Field after a merciful bye week that followed back-to-back fourth-quarter losses. JEFF MACKEY/METRO

Two-vehicle collision

Motorcyclist killed in crash

A man is dead after a motorcycle and a pickup truck collided on Highway 16 near Marshall.

The accident happened at about 6 p.m. on Sunday.

The driver of the motorcycle was transported to hospital where he died of his injuries. The driver of the pickup was unharmed.

Lloydminster Rural RCMP are investigating.

METRO

Highway 11 shut down

Woman and boy dead after highway rollover

A 44-year-old woman and a seven-year-old boy have died after their vehicle rolled over on Highway 11 on Saturday.

RCMP arrived at the scene, about five minutes south of Craik, at 3:15 p.m. Fire and Emergency Services were also on hand.

The woman died of her injuries on Saturday, while the boy, who was taken to hospital in Regina, died early Sunday morning.

A man who was driving the vehicle and a five-year-old girl passenger sustained minor injuries and were also hospitalized in Regina.

Highway 11 was closed for roughly six hours while RCMP investigated.

METRO

Going places

Varsity basketball player makes national juniors

University of Saskatchewan basketball player Kaylee Halvorson has earned a spot on Canada's 2012 Junior National Team.

Halvorson, a native of Regina, is no stranger to the international stage. She played with the Canadian U17 Women's Youth Olympic 3-on-3 team, placing fourth in the event held in Singapore in 2010. In 2009, Halvorson played for the Canadian Cadette Women's National Team, placing second at the world qualification tournament in Mexico.

Halvorson, who joins the Huskies for the 2012-13 season, will represent Canada with the team at the FIBA Americas U18 Championship for Women. The championship takes place Aug. 15 to 19 in Puerto Rico.

METRO

Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the world record in pole vaulting for his age group.



A triple homicide on Oakview Drive remains unsolved after two years. Police say the investigation is still active. CARRIE-MAY SIGGINS/METRO IN SASKATOON

Cold case. Police still committed to solving triple murder that shocked city

Monday marked two years since one of Regina's most gruesome murders was uncovered. On Aug. 6, 2010, Gray Nay Htoo, 31, his wife, Maw Maw, 28, and their three-year-old son, Seven Htoo, were found dead in their townhouse on Oakview Drive. The triple homicide that sent shock waves

through the community remains unsolved.

"Even though two years have elapsed, this case is still a priority for our service," said Bob Morin, the deputy chief of police. "We work on this case every day and, even though the public can't see the activity, there is progress." JEFF MACKEY/METRO



From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag.
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's 'pub correspondent' Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 games in Calgary when I was 12 and I

was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford, Ont., said he loves that he's in London with fellow Canucks,

drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear, Canadian flags hang from the ceiling and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada vs. U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian food store that is popular with expats looking for a taste of home. The shop started as an Australian food shop and over the years added South African, New Zealand and Canadian items to its stock.

"Sometimes I go to the Canadian food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week Canadians have been rushing in here last minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343g): \$17.55
- Lay's chips (40g): £1.30 (\$2)
- Cleary's Maple Syrup (250mL): £8.15 (\$12.70)
- Cans of Molson Canadian: 1=\$3 6=\$16.40 24=\$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under

Quoted

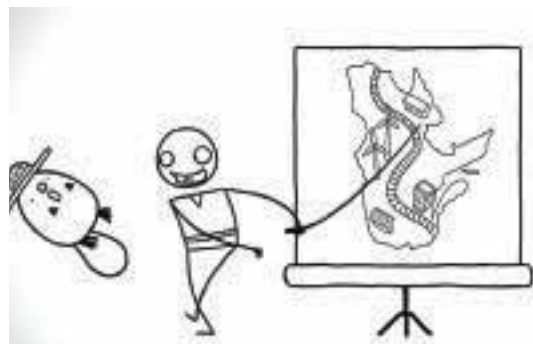
"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement

attack lately by opponents who accuse it of selling out the independence movement.

"There are rumours that members of Quebec solidaire drape themselves in the Maple Leaf and hold questionable ties to beavers," says the ad's narrator. "In fact, that's not quite the case."

THE CANADIAN PRESS



A stick figure kicks a stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HO

Mars rover sends back first images

Touch down. NASA's seventh landing a success after 'seven minutes of terror'

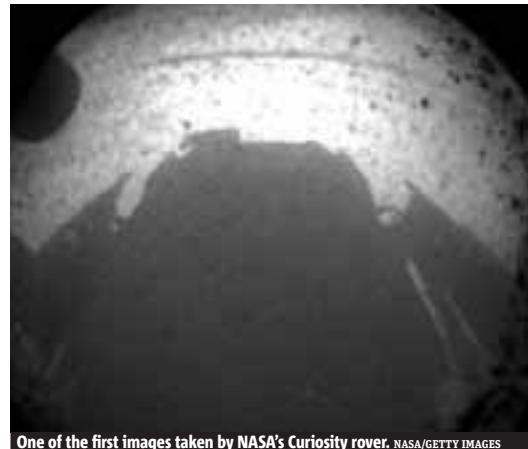
The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engin-



One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

neering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

More images, including video of the landing and beautiful colour shots of Mars, will follow in days to come. It will be weeks before Curiosity starts digging into the red planet's past.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space indicated Curiosity

had survived the plunge.

"Touchdown confirmed," said engineer Allen Chen. "We're safe on Mars."

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting \$2.5 billion, Curiosity is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

THE ASSOCIATED PRESS

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer important questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday. "What happened to Mars? How come it lost its atmosphere? It's important to find out about that, since both planets, we believe, were similar."

Curiosity's built-in Ontario Alpha particle X-Ray Spectrometer (APXS), attached to a robotic arm, will play a key role in collecting data, Desjardins said.

When the arm points the APXS to a rock or soil sample, the instrument can detect what it is made of, he said.

"We're doing it to learn about Mars and what it went through, because Mars is a similar planet to Earth," Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

U.S. Sikh temple shooter ID'd as neo-Nazi, former soldier

The gunman who killed six people inside a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil rights group identified him as a "frustrated neo-Nazi" who led a white supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.



Wade Michael Page

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the



People console each other Monday near the Sikh Temple of Wisconsin where a gunman shot at people during a service in Oak Creek, Wis. At least six people were killed. DARREN HAUCK/GETTY IMAGES

Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9-mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

The New York-based Sikh

Quoted

"We never thought this could happen to our community. We never did anything wrong to anyone."

Devendar Nagra, brother of woman who narrowly escaped the shooter

Coalition has reported more than 700 incidents in the U.S. since the Sept. 11, 2001, ter-

rorist attacks, which advocates blame on anti-Islamic sentiment. Sikhs are not Muslims, but their long beards and turbans often cause them to be mistaken for Muslims, advocates say.

U.S. President Barack Obama told reporters Monday that Americans would "recoil" at the violence if ethnicity were a factor. "We are all one people and we look after one another," he said.

THE ASSOCIATED PRESS

Syria

Aide describes PM's defection

Syria's prime minister began planning his break from the regime two months ago when Bashar Assad told him to take the job or die.

The full scope of Riad Hijab's carefully executed flight to the rebel side — described by an aide — reverberated Monday through Syria's leadership. Hijab is the highest-ranking official to defect.

THE ASSOCIATED PRESS

Japan

Videos document nuclear crisis

The command centre at Japan's stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, "This is serious! This is serious!" videos taken during last year's post-quake crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

THE ASSOCIATED PRESS

CSIS

Group tasked with torture questions

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

The Information Sharing Evaluation Committee also helps CSIS decide whether to send information to foreign agencies in cases where it might lead to mistreatment.

THE CANADIAN PRESS

New Zealand

Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing nearby residents to evacuate their homes. Some domestic flights were cancelled.

The eruption of ash and rocks lasted about 30 minutes and didn't cause any injuries or damage in the sparsely populated central North Island region, which is a designated national park. THE ASSOCIATED PRESS



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Drought. Food prices to grow 3 to 4 per cent in 2013

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients. The coffee and doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.



A drought-damaged ear of corn in Westfield, Ind., Wednesday.
MICHAEL CONROY/THE ASSOCIATED PRESS

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

THE CANADIAN PRESS

Safety regulation

Don't drink and fly

Australia's air safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own in a deal that values the company at \$8.84 billion US. THE ASSOCIATED PRESS

Exotic-wood violation gives Gibson the Blues

Settlement.

Guitar-maker pays penalties, to tune of \$600,000 US to avoid criminal prosecution

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo. SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of en-

dangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

Republicans and tea party members had rallied behind CEO Henry Juskiewicz at the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

Busted

"The problem is that virtually every instrument prior to 1970 contains Brazilian rosewood."

George Gruhn, who owns a vintage guitar shop in Nashville, on the endangered wood Gibson Guitar used in its products.

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LIVE FROM LONDON: KEEP CALM AND LINE UP



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

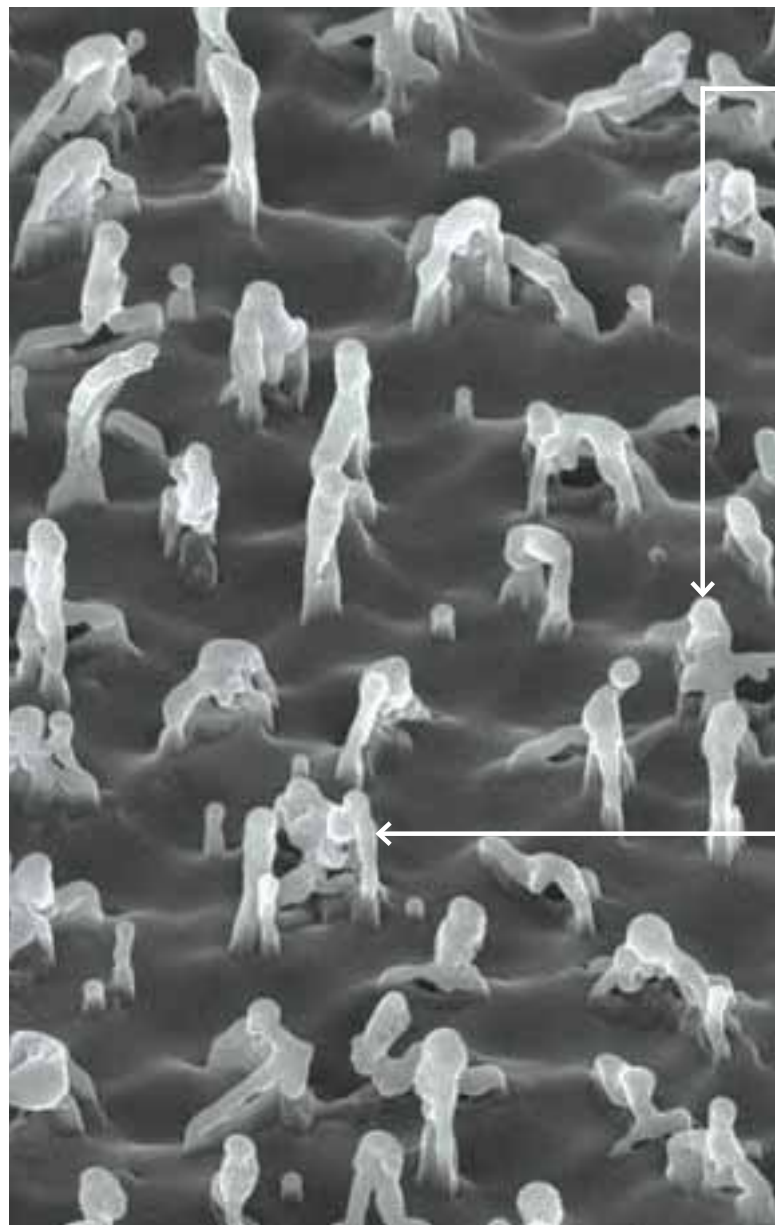
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



Twitter

@missborland:

So many #YQR-ers roaming around #Montreal. Love it.

you have to do!! Try it. #skday-long

@RyanDalrymple:

@Queencyex Had a blast this year, the weather for #familyday was extraordinary and Carly Rae Jepson was great closer for the kids!! #YQR

@kmiyazaki10:
Hoping all my Team Sask football teammates made it home safe!
#AlreadyMissYouAll

@talk2tr:

I love #Sask!! They give us a holiday just for living here! That's all

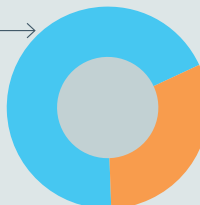
@Desnomie23:
Great visit in Sask! Sooo good to see my kids, family and friends. Back to Alberta...gonna be a longggg month...



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NO. I DON'T TRUST
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COMPUTING SITES.
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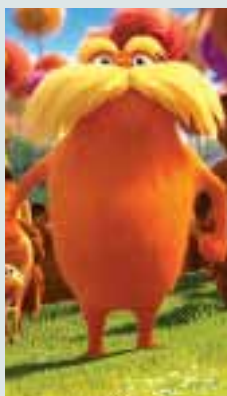


31%
YES. I FEEL
SAFE GIVING
FACEBOOK,
GOOGLE+
AND
LINKEDIN MY
PERSONAL
DATA



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DVD reviews



Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

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It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of *The Lorax*, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The *Lorax* presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

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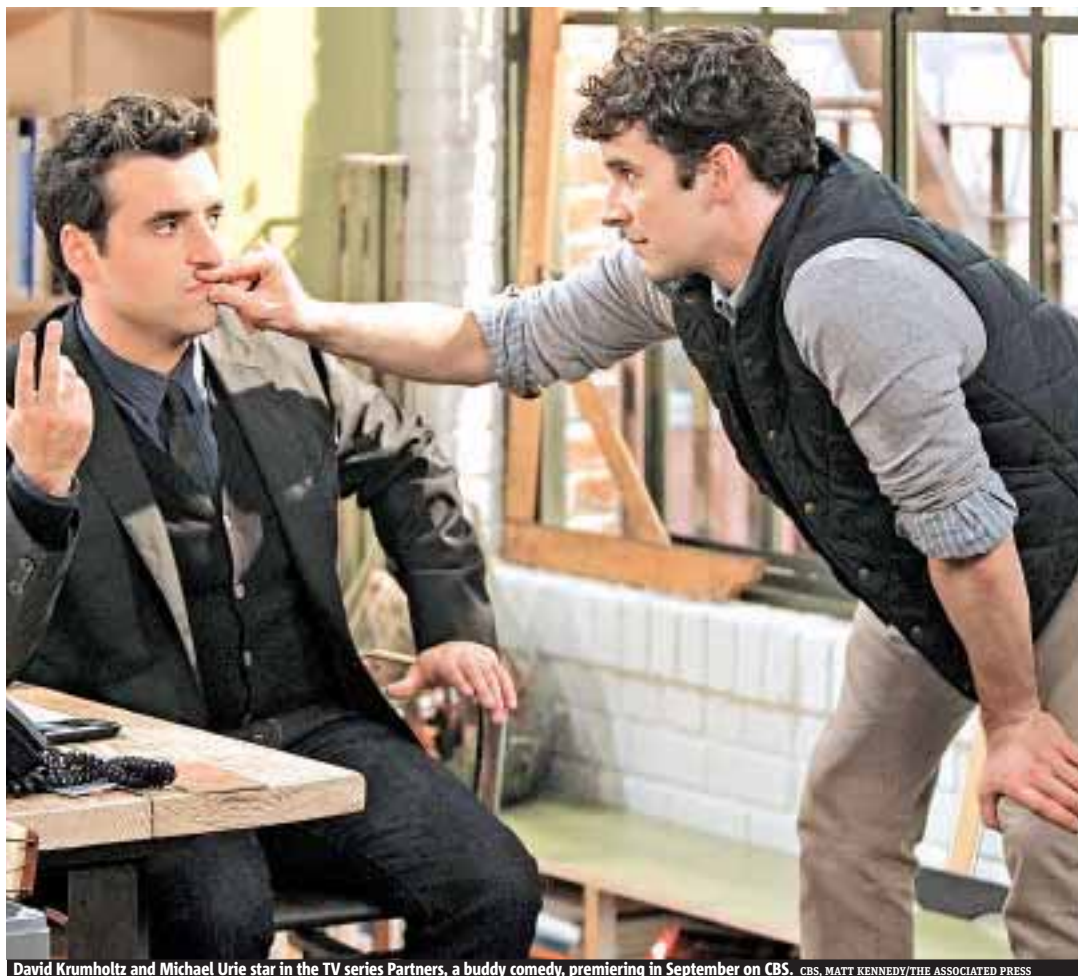
A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (One Day in September) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses.

PETER HOWELL

On the web



Wildlife fan Betty White loved *The Lorax's* environmental message



David Krumholtz and Michael Urie star in the TV series *Partners*, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.

New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' *Partners* explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after part-

Partners

"I think every gay man should have a straight man in his life."

Max Mutchnick, co-creator with David Kohan of the new CBS series *Partners*. The best-friends dynamic in the TV comedy is inspired by the friendship of Mutchnick and Kohan.

nering as TV producers, co-created shows including the megahit *Will & Grace*.

There's no attempt to hide the lineage of Fox's *Ben & Kate*. It's the tale of a free-wheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his life-long role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's *How to Live with Your Parents for the Rest of Your Life* finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from

the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom *Less than Perfect*, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather

would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. *I Love Lucy*, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for *Ben & Kate* since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. 'He usually has a totally bizarre logic to all of his behaviour.'"

THE ASSOCIATED PRESS



Miley Cyrus

Vintage ring all fiancé's idea, Cyrus says

Miley Cyrus says her impressive vintage engagement ring was all fiancé Liam Hemsworth's idea. "I had no input," she tells Marie Clare. "I saw it online at one point and thought it was really pretty. I just love that it's old and has a story. And I'm happy because it doesn't look like anything else I

wear." The 18-carat ring was hand-cut in the late 1800s. And it sounds like it will be the only thing on her finger for a while: "I don't really care about the wedding or the piece of paper as much as I do the promise we've made to each other," she says. "And we want to have a long engagement."



Prince William

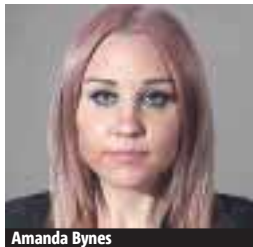
Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading

they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Another hit-and-run accusation against Bynes

Amanda Bynes is facing accusations of a fourth hit-and-run collision in as many months. According to TMZ, a Los Angeles woman claims Bynes rear-ended her and — after a brief conversation during which the actress "looked like a hot mess" — took off without exchanging insurance information. The woman says Bynes "seemed nervous about" exchanging info and kept insisting the damage to the woman's car didn't look that bad. Bynes was arrested on suspicion of driving under



Amanda Bynes

the influence in April after she hit a sheriff's car, and she was allegedly involved in two hit-and-run incidents in May.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Monica Weymouth
scene@metronews.ca

Fighting words from Elton John

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let

loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.



Robert Pattinson

Pattinson out of hiding

Robert Pattinson has come out of hiding, reportedly stepping out for the night this weekend with pals at a bar near Reese Witherspoon's ranch in Ojai, Calif., where he's apparently been laying low since news broke of girlfriend Kristen Stewart's infidelity, according to Us

Weekly.

Pattinson "seemed to be having an amazing time" having "a few drinks and laughs" with a group of male friends, a patron at the Deer Lodge bar says. "He looked like a guy that was trying to enjoy himself and get away. Seems like a good kid."



Macauley Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right

around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macauley Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

Twitter



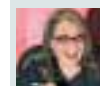
@wossy

Am playing a drinking game called Ring of Fire. With my children. I am the posmaster.



@jessicaalba

Got to get showered dressed & out the door family in tow in 20 min - GO!



@TheRealRoseanne

i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!



@AlbertBrooks

To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold



You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)

- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.

- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

Best Health

Know your family tree of health



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to

best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1: Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2: Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:



Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they

don't really want to have the conversation — persevere. If your parents are no longer

alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

Tip #4: Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONWS

On the Web



Study describes genetic events that lead to malignant childhood brain cancers

Lasagna gets all rolled up



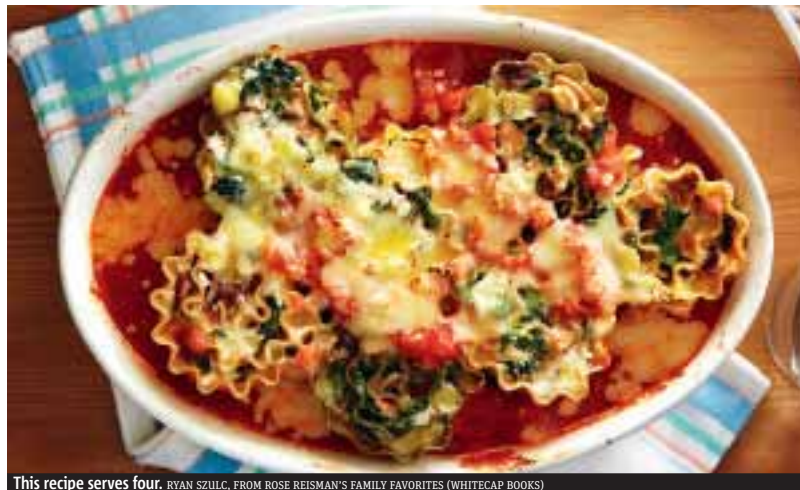
ROSE REISMAN
for more, visit
rosereisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Four steps to theme park food survival



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Theme park season is upon us and in just one carefree day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM.

Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

Mushroom and Cheese Toasties. These bites take 15 minutes to make



1. Heat the oil in a large frying pan, add the mushrooms and cook over a high heat for 4-5 minutes or until the mushrooms are golden brown. Remove from the heat and season to taste with salt and pepper.

2. Preheat the grill. Place the muffins, cut side up, on the grill rack and toast on both

sides. Place cut side up and spread some of the tomato chutney on each muffin. Top with the mushrooms and a sprinkling of cheese.

3. Cook the muffins under the hot grill for 1-2 minutes until golden brown and the cheese is bubbling. Serve hot.

NEWS CANADA/ MUSHROOMS.CA

Ingredients

- 1 tbsp vegetable oil
- 250 g closed cup mushrooms, sliced
- Salt and freshly ground black pepper
- 2 wholemeal muffins, split
- 4 heaped tsp tomato chutney
- 50 g mature cheddar cheese, grated

Walrus Tusks: Evolution in afternoon snacking

Getting your little ones to eat and enjoy mushrooms can be harder than it sounds. With this fabulous burrito style treat, your kids will be asking for "more mushrooms, please".

1. On cutting board stack 2 mushrooms slices one on top of the other; with sharp knife slice crosswise into narrow short strips; repeat with remaining mushrooms; set aside. With sharp knife cut onion in half on cutting board, place flat side down and cut in both directions to coarsely chop.

2. Add 1 tbsp (15 ml) oil to skillet and place on burner; turn to medium high heat. Add ground chicken and with large spoon stir while cooking (about 3 minutes) to break up into small pieces. Stir in onion and mushrooms; crush garlic into pan and continue cooking and stirring until lightly browned, about 5 minutes. Stir in beans with sauce, tomato sauce, 1 tbsp (15 ml) chili powder, and cumin.

3. Lower heat to medium-low and cook stirring occasionally 8 - 10 minutes or until very thick. Taste and add more chili powder if desired. Set aside.



This recipe serves six. NEWS CANADA

4. Preheat oven to 400 F (220 C). On cutting board cut cheese into 30 cubes.

5. Lay tortillas on counter; spoon 1/2 cup (125 ml) filling on to the bottom third of each tortilla, leaving a 1-inch (2.5 cm) border; arrange 5 cubes of cheese on top each one. Fold the bottom of tortilla over filling and fold the sides in to seal

filling. Roll up tightly from bottom to enclose completely.

6. Using pastry brush lightly coat baking pan with 1 tsp (5 ml) oil and place rolled tortillas, seam side down on the pan. Brush remaining oil on tops and sides of filled tortillas.

7. Place baking pan in middle of oven; bake for about 15 min-

utes or until lightly browned on the bottom. If desired turn on broiler for 2-3 minutes to crisp and brown the tops.

8. Cool 4-5 minutes; mix sour cream and salsa in small serving dish. Using serrated knife cut tortilla rolls in half diagonally. Serve with dipping sauce.

NEWS CANADA

Ingredients

- 8 oz (250 g) pre-sliced fresh mushrooms
- 1 medium onion
- 2 tbsp (25 ml) olive oil
- 8 oz (250 g) lean ground chicken
- 1 clove garlic
- 1 can (7.5 oz/213 ml) tomato sauce
- 1 can (14 oz/398 ml) beans in tomato sauce
- 1-1/2 tbsp (15-22 ml) chili powder
- 1/2 tsp (2 ml) cumin powder
- 6 large tortillas
- 1/2 (200 g) block cheddar cheese
- **Dipping Sauce**
- 1/2 cup (125 ml) low fat sour cream
- 1/2 cup (125 ml) salsa



The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and specu-

tors piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

Teens schooled on ending their relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant from Robert Wood Johnson Foundation. Nationwide, the \$18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relation-



When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

ships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to prob-

lems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also

showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were be-

tween 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

"The world knows before you do," said Cassie Desrochers, 17, another Waltham High senior. "A relationship is personal. The whole world shouldn't know about it."

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship. They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

THE ASSOCIATED PRESS

Fehr says NHLPA close to making counter proposal

Tennis. Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each

Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31.

KATHY WILLENS/THE ASSOCIATED PRESS FILE

Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from Thornhill, Ont., as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set

as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

CFL

B.C.'s backup QB plays hero in win over Argonauts

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside.

THE CANADIAN PRESS



Argos quarterback Ricky Ray, left, is sacked by Lions defensive tackle Jabar Westerman on Monday.

CHRIS YOUNG/THE CANADIAN PRESS

MLB

Verlander

Justin Verlander matched a career high with 14 strikeouts and got home-run support from Prince Fielder and Miguel Cabrera, leading the Detroit Tigers over the New York Yankees 7-2 Monday night.

THE ASSOCIATED PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Antion Lynn tangled after a play.



4 SPORTS

Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Spencer's medal hope takes a knockout blow

Boxing. Three-time world champion loses in quarter-finals to China's Jinzi Li

Canadian boxer Mary Spencer was eliminated from the London Olympics on Monday after dropping a four-round decision to Jinzi Li of China.

The three-time world champion looked solid early but Li connected with a few haymakers in the second round to move into the lead to stay. The bout could have gone either way in the final round, but Li was the aggressor and out-scored Spencer 17-14 overall.

"You win some and you lose some," said Spencer's longtime coach Charlie Stewart. "It's just when you lose them that it counts the most."

Li used a swarming, physical strategy against the Canadian, going for regular haymakers with a lot of clutching and grabbing.

"I didn't expect that kind of pressure on me," Spencer said. "I expected more jabbing. But I have to adjust. It's my fault for not adjusting."

Spencer, from Warton, Ont., landed a few punches early but rarely used her powerful jab. She seemed rather ordinary in the ring.

"In Olympic boxing if you don't have your hands up, you're giving free points," said Canadian team coach Sylvain Gagnon. "You can't win the fight like that."

Spencer defeated Li in their

two previous meetings but never got on track before a near-capacity crowd at ExCel South Arena 2. The Canadian seemed flat and couldn't generate any momentum.

"I don't have an excuse for losing," Spencer said. "We went in there, it was fair and we were both given the same opportunities. She came out the better boxer today."

Spencer had received a first-round bye in the 75-kilogram category. High performance director Daniel Trepanier said her preparation was solid but Spencer was forced to fight a style that worked in Li's favour.

Spencer had been touted as one of Canada's top medal hopefuls earlier this year. However, she lost her opening bout at the world championships last spring and only got into the Olympic draw after she was given a wild-card spot by the IOC's Tripartite Commission.

Li will next meet Russia's Nadezda Torlopova on Wednesday in the semifinals. Kazakhstan's Marina Volnova will face American Claressa Shields in the other semifinal match. The winners will meet for gold Thursday while the losers will each receive a bronze.

THE CANADIAN PRESS

Quoted

"No reason for losing — she just had a phenomenal fight and props to her."

Canadian boxer Mary Spencer on her loss to China's Jinzi Li



Mary Spencer, left, of Canada competes against China's Jinzi Li in the quarter-finals of women's boxing (75 kilograms) on Monday in London, England. SCOTT HEAVEY/GETTY IMAGES

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS



Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch



Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.

Time: 7 a.m.
Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.

Time: 9 a.m.
Channel: TSN



Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, the team will have to get past South Korea in the semifinals.

Time: 10 a.m.
Channel: TSN
THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after re-



Jessica Zelinka THE CANADIAN PRESS FILE

turning to competition.

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

tomorrow, keep it going even more," said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97, while Hilary Stellingwerf of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

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Horoscopes

Aries

March 21 - April 20
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

Taurus

April 21 - May 21
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

Gemini

May 22 - June 21
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

Cancer

June 22 - July 23
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

Leo

July 24 - Aug. 23
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

Virgo

Aug. 24 - Sept. 23
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

Libra

Sept. 24 - Oct. 23
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

Scorpio

Oct. 24 - Nov. 22
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

Sagittarius

Nov. 23 - Dec. 21
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

Capricorn

Dec. 22 - Jan. 20
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

Aquarius

Jan. 21 - Feb. 19
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

Pisces

Feb. 20 - March 20
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

Across

- Action words
- Alta. neighbor
- Lost seaworthiness
- Abraham's son
- Lhasa ____ : small dog
- Bassoon relative
- Victoria's location (2 wds.)
- Wrote (a book)
- List items
- Any of 43-Across: abbr.
- "Mmm-hmm" (2 wds.)
- ____ *La Douce*: 1963 Lemmon-Maclaine film
- Calgary team
- Anon
- Show contempt for, as a contract (2 wds.)
- Clean the kitchen floor
- Solo of *Star Wars*
- Continue without a break (2 wds.)
- Oriental sash
- Halloween mo.
- Pursuits of good reporters
- "I have ____ good authority" (2 wds.)
- They form the Alberta-BC border (2 wds.)
- Aerialist precautions
- For Your ____ Only*
- Here: Fr.
- Barracks boss, briefly
- Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
- Has ____ with: is connected (2 wds.)
- Fast-moving sport jai ____
- ____ Joe's": diner

- invitation (2 wds.)
- Pop
- Iditarod's Alaska terminus
- Be careless with a bucket

Down

- ____ *Las Vegas*: 1964 Elvis movie
- Biblical Jacob's brother
- Angry outburst
- Winnipeg's Randy ____ : cofounder of 1970s rock band familiarly called BTO
- "Get out of here!"
- Computer menu selection
- Copied
- Letters that once designated Soviet republics
- Goldfish cousin in backyard ponds
- Flew alone, perhaps for the first time
- "I've got ____ feeling about this!" (2 wds.)
- "That's a ____!" (taboo)
- Sneakers brand
- Banquet coffeepots
- At quite an incline
- "I hate to ____ on you, but ..." (ask a lot of)
- Created a web or a tale
- ____ the Sheriff" (2 wds.)
- Disliked insect
- ____ Carlo: Monaco's



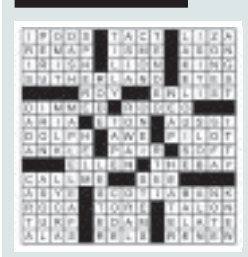
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- capital
- Semis
- ____ a stinker?": Bugs Bunny line (2 wds.)
- Overact
- Automaton
- PR interpretations
- 100-metre dash, e.g.
- Hotel lobby
- First letter
- Saskatchewan's capital

- Comb. form for China, as in ____-Soviet
- Bat lairs
- Aromatherapy spots
- Florence's river
- Weapon to combat 26-Down
- Unwanted email
- Great Lake
- Having knowledge of
- Some TVs

BY MICHAEL WIESENBERG

Friday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	4	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

	1		5		6			4
3	4	9					5	7
			3	4	2	8	9	
			7	3	5	1	6	
2	5	6					1	3
	7			1		3		2



Sharability



easy

hard



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